



MANAGING SLEEP ISSUES

Self-Help, Traditional Medicine & Ivy Collaborative Support



1. What Sleep Issues Can Feel Like

Sleep issues can show up as difficulty falling asleep (lying awake 30+ minutes despite feeling tired), frequent nighttime awakenings with trouble returning to sleep, waking too early and being unable to fall back asleep, non-restorative sleep that leaves you unrefreshed, daytime fatigue or sleepiness that interferes with daily activities, difficulty concentrating or memory problems, irritability, mood swings, or increased anxiety related to poor sleep.



2. Self-Help Strategies	3. Traditional Medicine Options	4. How Ivy Collaborative Can Help
- Keep a consistent sleep-wake schedule (even on weekends) - Create a calming bedtime routine - Keep bedroom cool, dark & quiet; screens off 60 min before bed - Limit caffeine after midday and alcohol near bedtime - Get regular daytime movement and natural light - Use simple stress tools (deep breathing, progressive relaxation) - Avoid long or late naps - Seek professional help if problems persist beyond a few weeks	- Cognitive Behavioral Therapy for Insomnia (CBT-I) — first-line - Sleep hygiene education and stimulus control - Short-term or targeted medication when appropriate - Evaluation & treatment of underlying depression, anxiety, or medical issues - Sleep study referral if apnea or other disorders suspected - Multidisciplinary care with therapy providers - Address co-occurring mood or medical contributors - Prompt evaluation for chronic or worsening symptoms	- Exomind TMS therapy — non-invasive, drug-free magnetic stimulation targeting mood, arousal & sleep regulation - Sessions under 30 minutes; typically 6 treatments; zero downtime - Personalized, integrated mind-body approach - Comfortable Augusta office with flexible scheduling - Focus on lasting improvement in sleep quality and energy

5. Helpful Links

Self Help	Traditional Medicine	Ivy Collaborative
sleepfoundation.org medlineplus.gov/insomnia.html Routine • Environment • Stress tools	mayoclinic.org (insomnia) aasm.org CBT-I • Evaluation • Meds	ivycollaborative.com Exomind TMS Therapy Schedule your consultation 

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461
Complimentary consultations available • Non-invasive solutions for lasting support

You do not have to manage sleep issues alone—support is available.

